

Caerleon Running Club Championship 2023



Introduction

As a really successful club championship for 2022 draws to a close its time to look ahead to the 2023 championship. A sub-committee met in October to look at the races and format, and we hope this is now reflected in the arrangements for 2023. The championship is designed in a way that all members can be competitive and pick up points throughout the year. Again, there will be opportunities to collect points for volunteering and taking part in parkrun as well.

We will have male / female championship winners, level playing field champions, age graded champions, and age category trophies also.

The format is fairly self explanatory and I've tried to include everything in this document. If you do have any questions or queries then I will be in Caerleon RFC clubhouse after club, from 7.45pm on Thursday 1st December. Alternatively drop me a message on facebook or email caerleonrc@gmail.com

Looking forward to another exciting championship year.

Paul

FORMAT

At the end of this guide, you will find a calendar of races that will make up the championship.

There are a mixture of distances, terrains and costs. We have tried to include an increased range of free events for members to participate in during the year too. These are indicated by a ** in the calendar of events.

You can enter as many of the events as you wish. Your top 8 scores will go towards your championship sub total for the year. For example if you enter 12 races during the year, only your top 8 scores will contribute to your points total.

Scoring is quite simple. The first Caerleon RC runner to cross the line at any championship race will receive 50 points, second 49, third 48 and so on. The championship is sub-divided into male and female championships so the first male and first female at each race will receive 50 points.

There are a number of other ways to pick up points as well, in addition to the straight championship points, these will be discussed next.



Other ways to score points

Marathon or Ultra running

If you complete an official marathon (or ultra) during 2023 you will automatically be allocated 50 points. This will be one of your 8 top scores and NOT in addition to your championship points score. Multiple marathons (or ultras) will not receive further points.

GLCL Road Series / Cross Country

You will receive 10 points for taking part in each of the GLCL Cross Country & Road Series races in 2023. There are 11 races all together (due to two XCs in January), so an opportunity to pick up a maximum of 100 extra points. These will be in addition to your championship points score.

Cross Country - January (x2), February, March, October & November

Road Race Series - May - September.

Exact dates are communicated at glclrunning.com

parkrun challenge

The club will arrange to complete some parkrun tourism on the 3rd Saturday of every month. The calendar for this, is below. For example on the 3rd Saturday of February (18th) our parkrun tourism destination will be Penallta parkrun. For each tourist event you attend you will receive 5 championship points. Any member who completes 10 or more parkrun tourism runs will be awarded an additional 10 points. All together an opportunity to pick up a further 70 points in addition to your championship points score. Please note : if you volunteer at the parkrun tourism event you will also receive the 5 points.

EWCRRC Challenge

The East Wales Clubs Road Race Championship takes place throughout the year. The 4 races that will make up the championship in 2023 are: NEWPORT HALF MARATHON - 5th March 2023, KYMIN DASH - 16th April 2023, SCENIC 7 - August 2023 & ELAN VALLEY 10 MILE ROAD RACE - November 2023.

Each race will be a club championship race in it's own right (50 points for 1st etc). However to encourage participation in EWCRRC if you complete one of the EWCRRC races, you will receive 10 bonus points, 2 races will get you an additional 20 points, 3 races 30 points, and 4 races 40 points. In summary, just by taking part, you will secure yourself 100 bonus points.

Other ways to score points

Any Half March

Competitors will be given a 10 point bonus for completing an official half marathon in March 2023. If you complete 2 you will get 20 points and so on. The championship points will be allocated at the end of the month with all half marathon results for all events being pooled.

Any 10K in May

Competitors will be awarded a 5 point bonus for completing an official 10K race in May 2022. If you complete 2 you will get 10 points and so on. The championship points will be allocated at the end of the month with all 10K results for all events being pooled.

Volunteering

The club relies heavily on volunteers to help coordinate internal races and allow external events such as parkrun to go ahead every week. For 2023 you will be able to earn up to 50 points for volunteering. You will receive 5 points for each volunteer role you complete up to a 20 point threshold. You will then earn 10 points per event up to a maximum of 50 points. Any competitor who does not reach the 20 point threshold will score 0 points overall. When you volunteer at an event please let Paul know either by messenger or by email to caerleonrc@gmail.com

Play your joker!

You can double your points total for an event by playing a joker. You have one joker at your disposal for the year. However, you must inform Paul what your joker race is **BEFORE** you run it. For example if you pick Newport Half to play your joker, then you must inform Paul by 4th March 2022, and if you score 42 points, you will receive 84.

Relay Participants

There will be 15 bonus points for every member who represents the club in a relay in 2023. The club will be entering relays suitable for all members to take part in.

PLEASE NOTE IT IS YOUR RESPONSIBILITY TO LET PAUL KNOW IF YOU HAVE VOLUNTEERED SOMEWHERE. ALSO IF YOU CHOOSE TO COMPLETE A MARCH HALF OR ANY 10K IN MAY FURTHER AFIELD PLEASE DO NOT ASSUME IT HAS BEEN SPOTTED.

Message Paul or email caerleonrc@gmail.com

Championship Calendar

January

Championship Opener - Time Trial ** - 10/01/23

Lliswerry 8 - 15/01/23

Wye Valley Off Road Night Race - 12/01/23

February

Sorbrook Slog - 19/02/23

Pontypool Home Run 10K - 26/02/23

Caerleon 8 ** - 09/02/23

March

ANY HALF IN MARCH

Newport Half Marathon - 05/03/23 (EWCRRC)

Club Time Trial ** - TBC

20:20 Fission – 18/03/23

April

Kymin Dash - 16/04/23 (EWCRRC)

Cardiff Race for Victory - 30/04/23

Newport 5 Mile HHH ** - TBC

May

ANY 10K IN MAY

Caerphilly 10K - 14/05/23

Treforest 10K - 28/05/23

Caerleon Rose Inn Relay ** - TBC

Sirhowy Challenge – TBC

June

Rabbit Run - TBC

Blade Runner - TBC

Caerleon Crooked Mile ** - TBC

July

Caerleon Half Marathon** - 09/07/23

Mic Morris 10K - 10/07/23

Magor 10K - 29/07/23

Tintern Trot - TBC

Sorbrook 10K - TBC

August

Severn Bridge 10K - 27/8/23

Caerleon Murder Mile ** - TBC

Scenic 7 - TBC (EWCRRC)

September

Chippenham Half Marathon - 11/09/23

Newport 5 Mile HH** - TBC

Ross 10K - TBC

October

Cardiff Half Marathon - 01/10/23

2 Bridges Duo ** - TBC

Stroud Half Marathon - TBC

November

Elan Valley 10 Mile Road Race - TBC (EWCRRC)

Ponty Plod - TBC

Severn Bridge Night Race (November race only) - TBC

Club Relay Championships** - TBC

December

Merthyr Mawr Christmas Pudding Race - 10/12/23

Newport Festive 5 - TBC

Caerleon Christmas Challenge ** - TBC

Nos Galan Road Race - 31/12/23



parkrun tourism dates and venues

January 21st - Cwmbran

February 18th - Penallta

March 18th - Trelai

April 15th - Bryn Bach

May 20th - Llanishen Park

June 17th - Cardiff

July 15th - Chippenham Fields

August 19th - Barry Island

September 16th - Somerdale Pavilion

October 21st - Thornbury

November 18th - Pontypool

December 16th - Newport

